WHAT IS CLAIMED IS:

1. An eye cover comprising: an elongated and flexible sheet of material adapted to extend horizontally over both eyes and temples of a wearer, to a location forward of the ears of the wearer, the sheet having a central nose engaging area, a pair of viewing areas on opposite sides of the nose engaging area, and a pair of temple engaging areas each extending from one of the viewing areas, at least the viewing areas being transparent, each of the temple engaging areas having inner planar surfaces and being bent for use by the wearer, into an arcuate position with the inner flat surfaces engaging the temples of the wearer at a location forward of the ears of the wearer, each temple engaging area having a flat storage position lying in a common plane with the nose engaging area and viewing areas of the sheet; and bend retaining means located at least at a perimeter of the temple engaging areas for being bent to form and resiliently maintain the arcuate position of each of the temple engaging areas, and for being bent to form and maintain the storage position of each temple engaging area.

2. The eye cover of claim 1, wherein the sheet of material is a single sheet of transparent plastic material, the bend retaining means comprising a reversibly bendable wire, intimately connected along at least part of the perimeter of the viewing areas and the temple engaging areas.

3. The eye cover of claim 1, wherein the sheet of material is a single sheet of transparent plastic material, the bend retaining means comprising a reversibly bendable wire, intimately connected along at least part of the perimeter of the viewing areas and the temple engaging areas, and having a circular cross-section.

4. The eye cover of claim 1, wherein the sheet of material is a single sheet of transparent plastic material, the bend retaining means comprising a

reversibly bendable wire, intimately connected along at least part of the perimeter of the viewing areas and the temple engaging areas, and having a rectangular cross-section.

5. The eye cover of claim 1, wherein the sheet of material is a single sheet of transparent plastic material, the bend retaining means comprising a reversibly bendable wire, intimately connected along at least part of the perimeter of the viewing areas and the temple engaging areas; plastic material being at least one thermoplastic selected from: a high or low density poly ethylene; a transparent and flexible plasticized polyvinyl chloride; a cellulose acetate; or a clear and flexible polyamide; and having a thickness of about 7 to 30 thousandths of an inch; and the wire being made of at least one of: stainless steel alloy containing amounts of at least one of chromium, nickel, manganese or silicon; nickel titanium; copper alloy; nickel-free titanium alloy; bendable titanium alloy; or aluminum alloy.

6. The eye cover of claim 1, wherein the sheet of material is a single sheet of transparent plastic material, the bend retaining means comprising the plastic material being reversibly bendable material.

7. The eye cover of claim 1, wherein the sheet of material is a single sheet of transparent plastic material, the bend retaining means comprising the plastic material being reversibly bendable material and being a thermoplastic.

8. The eye cover of claim 1, wherein the sheet of material is a single sheet of transparent plastic material having a graphics layer at least at one of the nose engaging, viewing and temple engaging areas.

9. The eye cover of claim 1, wherein the sheet of material is a single sheet of transparent plastic material having a graphics layer at least at one of the

nose engaging, viewing and temple engaging areas which is transparent to the wearer but at least partly opaque when viewed from an outer surface of the eye cover.

10. The eye cover of claim 1, wherein the nose engaging, the viewing and the temple engaging areas together form a smoothly curving generally oval perimeter, the bend retaining means comprising a reversibly bendable wire intimately connected to the sheet, at least along part of the perimeters of the temple engaging areas.

11. The eye cover of claim 1, wherein the nose engaging, the viewing and the temple engaging areas together form a smoothly curving generally oval perimeter, the bend retaining means comprising a reversibly bendable wire intimately connected to the sheet, at least along parts of upper and lower perimeters of the viewing areas and the temple engaging areas.

12. The eye cover of claim 1, wherein the nose engaging, the viewing and the temple engaging areas together form a smoothly curving generally oval perimeter having a smoothly convexly curved upper portion and a lower portion with a concave nose notch in the nose engaging area, the bend retaining means comprising reversibly bendable wires intimately connected to the sheet and extending along the upper portion of the oval perimeter and along the lower portion of the oval perimeter away from the nose notch.

13. The eye cover of claim 1, wherein the nose engaging, the viewing and the temple engaging areas together form a smoothly curving generally oval perimeter having a smoothly convexly curved upper portion and a lower portion with a concave nose notch in the nose engaging area, the bend retaining means comprising reversibly bendable wires intimately connected to the sheet and extending along the upper portion of the oval perimeter and along the lower

portion of the oval perimeter away from the nose notch, each temple engaging area having an outer convexly curved perimeter with no wire extending therealong.

14. The eye cover of claim 1, wherein the sheet of material is a single sheet of transparent plastic material having an inner surface including the inner surfaces of the temple engaging areas, which is smooth and tends to stick to the skin of the wearer to support the temple engaging areas at the temples of the wearer.